

## About Us

The Highlands Recreation District (HRD) is a public agency governed by an elected Board of Directors (5). The Board meets at 7:00pm on the second Tuesday of each month in the Multipurpose Room. The Board Members are Michelle McNeil, Pam Merkadeau, Hal Carroll, Jim Sell and Johanna Anton. The HRD is supported by property taxes and user fees and operates the Highlands Recreation Center. All Board Meetings are open to the public. We welcome your ideas and attendance at the Highlands Recreation Center, a place where family traditions begin.

## HRD Mission Statement

The Highlands Recreation District is dedicated to consistently and cost effectively providing the broadest possible beneficial, safe and enriching programs and services to the Highlands Community.

### Americans with Disabilities Act



*Meeting Your Needs.*

It's the Highlands Recreations Center's intent to make reasonable accommodations, when required, for all participants in activities. If assistance is needed, please call 341-4251 and ask for the program supervisor in charge of the activity you're interested in.

## Office Staff

General Manager	Brigitte Shearer
Recreation Supervisor	Jeff Schwartz
School-Age Director	Mike Koenig
Aquatics Supervisor	Bryce Zuzack
Early Education Director	Rebecca Hitchcock
Bookkeeper	Naomi Kawakita
Maintenance	Steve Riso
Office Staff	Cynthia Fregoso
	Marianne Junge

**Have your PARTY at the  
Highlands Recreation Center!**

**Gym Social Room  
Multipurpose Room**

For more information about pricing and availability, or to reserve your date, call the Recreation Supervisor at (650) 341-4251.

All rentals include: Facility Capacity:  
Tables, Chairs and Gym 132, Social Room 75,  
rental supervisor. Multipurpose Room 75.

## Fall Dates to Remember

### August

Fall Registration Begins	8/5
HRD Board Meeting	8/13

### September

Labor Day - Office Closed, Pool Sun. Hours	9/2
Summer Concert	9/7
HRD Board Meeting	9/10
Highlands Rec Soccer Begins	9/21

### October

HRD Board Meeting	10/8
Halloween Event	10/25
Underwater Pumpkin Patch	10/27

### November

Veterans Day - Office Closed, Pool Sun. Hours	11/11
HRD Board Meeting	11/12
Thanksgiving Break-Office Closed/Pool Closed	11/28
Thanksgiving Break-Office Closed/Pool Closed	11/29

### December

Holiday Event and Caroling Night	12/6
HRD Board Meeting	12/10
Office Closes at 1pm	12/24
Holiday Break - Office Closed	12/25
Office Closes at 1pm	12/31

**Note: Classes may be cancelled on legal holidays**

## Se Habla Español

Si ocupa asistencia en Español llamen a (650) 341-4251 por favor de hablar con Cynthia de Lunes a Viernes 9am a 1pm.

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# Pool Memberships

Our pool and fitness memberships can be paid monthly or annually. (If paying monthly, it is required that you sign up for ACH Automatic Payments.) To become a member, there is an initial registration fee. As long as your membership remains current, you will never pay the registration fee again.

Monthly Fee:

	<u>Highlands Res</u>	<u>CSA 1 Res</u>	<u>Non-Res</u>
Senior(62+)	\$15	\$20	\$25
1st Person	\$20	\$25	\$30
Add'l. Adults	\$8	\$11	\$15
Add'l. Children	\$3	\$3	\$5
Registration	\$200	\$250	\$300

## Notes:

1. All pool memberships include fitness room membership.
2. All pool members receive a 10% discount on all aquatic class fees.
3. Child price is age 3-17. Children under 3 are free.
4. Pay for the year in full at time of registration and receive \$40 off the annual fee for a family membership (3 or more people over the age of 2) or \$20 off the annual fee for an individual or 2 person membership.

## Entrance Fees for Non-Members

**Residents:** \$5 per person with proof of residency (swimming or non-swimming)

**Non-Highlands Residents:** \$10 per person (swimming or non-swimming)

**Guests of Member:** \$3 per person (member must be present during entire visit, 6 guests max per family membership)

## Underwater Pumpkin Patch

Come pick out a pumpkin at our aquatic pumpkin patch! Entrance fee \$6. Pumpkins will cost \$5-15 based on size. There will be fun seasonal games and races for children of all ages, Hot apple Cider and other seasonal goodies will be for sale. This is a great way to pick out your pumpkins for the holiday!

**Sunday October 27th 2-4pm**

## FALL POOL HOURS

9/2/13-1/1/14

<b>MWF</b>	6:15-9:00am	Lap Swim
	11:00am-1:00pm	Rec/Lap Swim
	3:30-5:00pm	Rec Swim
	5:00-8:15pm	Lap Swim
<b>TTh</b>	3:30-5:00pm	Rec Swim
	5:00-8:15pm	Lap Swim
<b>Sat/Sun</b>	10:30am-1:00pm	Lap Swim
	1:00-5:00pm	Rec Swim
	5:00-6:00pm	Lap Swim
	*5:00-6:30pm	Sunday Lap Swim

*\*schedule subject to change*

## Pool Schedule Changes

### Pool Closed:

11/4-11/8/13	Dome Installation
11/28-11/29/13	Thanksgiving Break
12/24/13-1/1/14	Winter Holiday

### Hour Changes:

9/2/13	Labor Day - Sunday Hours
Dates TBD	Pool closes at 4pm for all HDAC swim meets (check the website for dates.)

## For Your Health

It is the Highlands Rec Pool Policy that all children the age of 3 AND under (recommended for children age 4) must wear a swim liner while in the pool. Reusable liners are available at the pool office for \$10. (ie: "Huggies Little Swimmers" and other products made for swimming are acceptable.)

## HRC Pool Volunteers

Volunteering at the Highlands Rec pool is a great opportunity to earn Community Service hours. Duties will include: greeting/checking in patrons, working in the snack shack, assisting with patrons, taking messages and other duties. Must be 13 years old. For more information please call Bryce at 341-4251.

**\*Drill Warning:** Please be aware that during the year HRC will be performing unannounced emergency rescue drills at the pool. We ask for your cooperation during these drills. These drills are an essential part of emergency preparation.



# Youth Swim Lessons



All instructors are trained in American Red Cross Water Safety Instruction. Classes are 28 minutes long.

## **MW Classes (3 weeks)**

F I	9/4-9/18	\$55/62 (Starts on a Wednesday)
F II	9/23-10/9	\$66/73
F III	10/14-10/30	\$66/73
F IV	11/11-11/27	\$66/73
F V	12/2-12/18	\$66/73

### **Class Times**

3:30pm	Levels I, II
4:00pm	Levels III, IV
4:30pm	Levels III, IV
5:00pm	Levels II, V-VI

## **TTh Classes (3 weeks)**

F A	9/3-9/19	\$66/73
F B	9/24-10/10	\$66/73
F C	10/15-10/29	\$55/62 (Ends on a Tuesday)
F D	11/12-11/26	\$55/62 (Ends on a Tuesday)
F E	12/3-12/19	\$66/73

### **Class Times**

5:00pm	Levels I, II
5:30pm	Levels III, IV
6:00pm	Levels III, V-VI

## **Friday Classes (3-4 weeks)**

F a	9/6-9/27	\$44/51
F b	10/4-10/25	\$44/51
F c	11/1-11/22	\$33/40 (No Class 11/8)
F d	12/6-12/20	\$33/40

### **Class Times**

3:30pm	Levels I, II
4:00pm	Levels III, IV
4:30pm	Levels I, IV
5:00pm	Levels II, V-VI

## **Saturday Morning Classes (4 weeks)**

F 1	9/7-9/28	\$44/51
F 2	10/5-10/26	\$44/51
F 3	11/2-11/23	\$44/51
F 4	12/7-12/21	\$33/40 (3 week session)

### **Class Times**

10:30am	Levels II, V-VI
11:00am	Levels I, III, IV
11:30am	Levels II, III, IV
12:00pm	Levels I, III, V-VI
12:30pm	Levels I, II, IV

## **Parents can workout too!**

During the time your child(ren) is(are) in the water having a swim lesson(s), you're welcome to take advantage of our Fitness Center. (FREE for individuals ages 15 & up. )

## **Sunday Morning Classes (4 weeks)**

F 1a	9/8-9/29	\$44/51
F 2a	10/6-10/27	\$44/51
F 3a	11/3-11/24	\$44/51
F 4a	12/8-12/22	\$33/40 (3 week session)

### **Class Times**

10:30am	Levels II, V-VI
11:00am	Levels I, III, IV
11:30am	Levels II, III, IV
12:00pm	Levels I, III, V-VI
12:30pm	Levels I, II, IV

## **Sunday Afternoon Classes (4 weeks)**

F 1b	9/8-9/29	\$44/51
F 2b	10/6-10/27	\$44/51
F 1b	11/3-11/24	\$44/51
F 2b	12/8-12/22	\$33/40 (3 week session)

### **Class Times**

5:00pm	Levels I, II, III
5:30pm	Levels III, IV, V-VI
6:00pm	Levels II, IV, V-VI

Kids!

## **Private Lessons**

Adults!

Have you always wanted to learn how to swim, or just improve your skills? Don't think you have the time? Private lessons provide the perfect opportunity to reach your goals. Classes are tailored to meet the student's needs. Highlands Swim School is scheduling Private (1 student/1 instructor) and Semi-Private (2 students/1 instructor) lessons. Lesson times are set to meet the needs of the student. Fee is for one single 28 min lesson. Call the Private Lesson Coordinator at (650) 341-4251 to schedule.

**Payment for lesson must be made prior to lesson.**

**Private: \$30/35**

**Semi-Private: \$25/30 (per child)**

### **Private Diving Lessons**

*with Kelly Winterbottom*

\$40 for a 28 min lesson.

*\*Failure to attend a semi or private lesson without 24 hour notice will result in being charged for the missed lesson\**



## Youth Swim Lessons Descriptions

**Level I** (minimum age 3): Students focus on developing independence, confidence and basic safety skills. Students are supported and assisted by the instructor in all skills.

**Skills include:** bobbing, floating, retrieving objects, water entry & exit, pool safety, and moving through the water.

**Level II:** Swimmers learn to coordinate arm and leg actions and swim independently on both front and back, building on level I skills to increase confidence, independence, and water safety skills.

**Skills include:** unassisted floats, glides, big arms, elementary backstroke.

**Prerequisite skills:** completely submerge under water unassisted, able to perform assisted skills with face in water.

**Level III:** Swimmers learn breathing techniques for freestyle and breaststroke, and work to improve technique and endurance in all strokes. Level includes deep water safety skills.

**Skills include:** side breathing, treading, coordinating breaststroke and backstroke, intro to dolphin kick, basic diving.

**Prerequisite skills:** swim 10 yards unassisted with coordinated arm and leg action with big arms and elementary backstroke.

**Level IV:** Swimmers develop competitive stroke techniques, continue working on endurance, and learn intermediate safety skills.

**Skills include:** butterfly, sidestroke, open turns, racing dives.

**Prerequisite skills:** 15 yards freestyle with side breathing and elementary backstroke, 10 yards breaststroke and backstroke.

**Level V-VI:** This is a combined advanced level which prepares swimmer for swim team and other aquatic sports by continuing to improve competitive stroke techniques, endurance, and advanced safety skills.

**Skills include:** flip turns, individual medley, surface dives, rescue skills.

**Prerequisite skills:** 25 yards freestyle and elementary backstroke, 15 yards breaststroke and backstroke.



The Community Emergency Response Team (CERT) program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills such as fire safety, light search and rescue, team organization and disaster medical operations.

Wednesdays 10/2-11/6 6-9pm

After attending your 6 CERT training classes you are required to attend a disaster simulation day to receive your certification.

Disaster Simulation Day: Saturday 11/9 9am-4pm

Location: Cal Fire Station 17, 320 Paul Scannell Dr., San Mateo, Ca 94402



## Water Aerobics

Come join us in our heated swimming pool. Have fun and exercise at your own pace. Our program is designed to improve your cardiovascular fitness, flexibility, coordination, balance, and helps increase strength and endurance. All fitness levels are welcome. No swimming skills are necessary. This program is suited for adults of all ages. Instructor: Sandra Burgess **No class: 9/2, 11/4, 11/8, 11/29, 12/24-1/1.**

M/F On-Going 11:05am-12pm \$68/73 month

## Aqua Track

This deep water exercise program will improve your fitness and reduce stress. While wearing a flotation belt you will exercise vertically in deep water. Join this no impact and gentle resistance workout program that is perfect for arthritis or rehabilitation from injury. Adults of all ages. **No class: 9/2, 11/4-11/8, 11/29, 12/24-1/1.**

M/W/F On-Going 8-9am

### Punch Card Fees for Aqua Track

Drop-in Fee: \$10, 5 Use Card: \$40

10 Use Card: \$70, 20 Use Card: \$120

## Arthritis Foundation Aquatic Program

Come join us in a recreational Arthritis Aquatic program conducted in our heated swimming pool. This program provides a fun, social atmosphere where participants are led through a series of specially designed exercises geared toward reducing pain and stiffness associated with Arthritis. The warm water and gentle movements help increase joint flexibility and range of motion while restoring and maintaining muscular strength. The Arthritis Foundation Aquatic program is suitable for all fitness levels and does not require the ability to swim. Adults of all ages welcome. Classes are taught by a certified Arthritis Foundation Instructor, Sandra Burgess. **No Class: 11/6, 12/25, 1/1.**

W On-Going 11:05am-12pm \$39/44month

### Pool Parties and Rentals

Come out and celebrate at the Highlands pool! Great for birthday parties, sports teams and any other special occasion! Also ask about our pool party game coordinator and themed party packages! Call the Aquatics Supervisor at (650) 341-4251 for info.



# Highlands Dolphins Aquatic Club



The Highlands Dolphins Aquatic Club (HDAC) is a positive energetic swim program designed to help participants achieve their personal best. Regular practices contribute to life long fitness skills. Annually, all swimmers must register with USA Swimming. All swimmers have the opportunity to compete regularly in local dual meets during the summer and in USA Swimming meets year round. Swimmers are encouraged to continue with swim lessons to receive hands-on instruction. For try outs please contact Coach Zach Wolfe at [swimmingwolfe@yahoo.com](mailto:swimmingwolfe@yahoo.com)

## Red Group

Pre-requisite: Ability to swim 25 yards (one length of the pool) freestyle, backstroke, and breaststroke and some knowledge of butterfly

MW	5:00-5:30pm	\$63/78
TTh	5:00-5:30pm	\$63/78
Red 4 days a week		\$83/98

## White Group

Pre-requisite: Ability to swim 50 yards (two lengths of the pool) of freestyle, backstroke, and breaststroke, and 25 yards of butterfly.

MW	5:30-6:15pm	\$73/88
TTh	5:30-6:15pm	\$73/88
White 4 days a week		\$86/101

## Blue Group

Pre-requisite: Ability to swim 100 yards (four lengths of the pool) of freestyle 50 yards backstroke and breast stroke and 25 yards of butterfly.

MW	6:15-7:00pm	\$73/88
TTh	6:15-7:00pm	\$73/88
Blue 4 days a week		\$86/101

## Bronze Group

This group is for swimmers interested in improving their swimming ability, both fitness level and form. Swimmers must be comfortable swimming 100 yards (4 lengths of the pool) of freestyle, backstroke and breaststroke and 50 yards butterfly. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

M-Th	7:00-8:00pm	\$89/104
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## Silver Group

This group is for swimmers who love the water and are able to swim 200 yards freestyle, Backstroke and breaststroke and 50 yards of butterfly. This group works on improving form, endurance, speed and fitness. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

M-Th	7:00-8:15pm	\$98/113
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Join the Highlands Dolphins Aquatics Club yahoo group to receive team info. To join, email Bryce: [brycer@highlandsrec.ca.gov](mailto:brycer@highlandsrec.ca.gov)

## Late Fees

All monthly fees must be paid by the **5th business day of each month**. All monthly fees paid after the 5th business day of each month will be subject to a **\$15 late fee** per child per class.

Part of what makes a successful swim team is the active participation of the parents as well as the swimmers. All Swim Team parents will be expected to volunteer at meets and fundraising events.



## Lifeguard Training Class

This comprehensive training program is for the individual who wishes to become a lifeguard at a pool. This will certify the passing student in CPR for the Professional Rescuer, First Aid and Lifeguard Training. Students must be 15 years old or older (proof of age must be shown at the 1st meeting) and pass a water skills test to be admitted into the class. Bring class material, swim suit, towel and comfortable clothing.

**MUST ATTEND ALL CLASSES PER SESSION!**

Sa/Su 10/12, 10/13, 10/19, 10/20 8am-5pm \$215/225



# Early Education Center

## serving Infants through PreKindergarten

Full Time Quality Care. Monday-Friday, 7:30am-6pm.

### Our Center is home to 3 Classrooms:

- \*Monkeys for children ages 3 months through age 2
- \*Chameleons for children ages 2 years through age 3.5
- \*Tigers for children ages 3.5 through age 5

### Our Play Based Center Features:

- Age appropriate toys to promote cognitive, social, emotional and physical development
- Developmentally appropriate curriculum to encourage future academic success
- Enthusiastic, experienced and nurturing teachers to provide emotional comfort and positive support to guide your young one through the important and delicate stages of life

Our-year round center is open M-F, 7:30am-6pm. Tuition is due monthly. An annual non-refundable deposit is due at registration.

If you would like to be added to our waiting list, a \$20 non-refundable fee is required.



### For Your Calendar

#### EEC Closed:

Labor Day: 9/2

Veteran's Day: 11/11

Thanksgiving Break: 11/28, 11/29

Xmas Eve: 12/24 - Close at 5pm

Christmas Day: 12/25

NY Eve: 12/31 - Close at 5pm

New Year's Day: 1/1



### Toucans Part Time PreSchool

Sign up now for next school year! Refer a friend and receive a one time \$100 discount. Our **T/W/Th, 8:15am-12:15pm** program in the social room is for (potty-trained) children ages 2.5-5. This class offers a supportive and gentle transition to classroom socialization. Student/Teacher ratio is 8 to 1 or better. Call now for registration information and tuition.

**School Starts: 9/3/13**

**Toucans Closed: 11/28, 11/29**

**Winter Break: 12/24/13-1/2/14**

Please contact Rebecca Hitchcock,  
Early Education Director for more info.  
[rebeccah@highlandsrec.ca.gov](mailto:rebeccah@highlandsrec.ca.gov)



*Family Traditions Begin at the Highlands Recreation Center*

# After School Program

## 2013-2014 (M-F until 6pm)

The After School Program is open to Elementary School students in grades K-5. The ASP schedule adjusts to the dismissal schedules of all grades at Highlands Elementary and is open on most Highlands School Staff Development days. The ASP program provides a safe and happy environment for children to enhance their physical and social development. Our licensed program and trained staff strive to provide 'teachable moments' to practice the lifskills necessary for children to be confident and happy citizens of our community. There's quiet time for homework, a creative art project or a rousing game of dodgeball awaiting your child at the ASP. Rec swim is offered Tuesdays and Thursdays from 3:30-5pm at no additional charge. We also provide an afternoon snack each day. Your child can easily participate in a wide array of classes and programs offered through the Rec. **ASP Head Teacher: Brenda Tam**

### ASP 2013-2014 Fees

All Drop Ins for Kinder: \$60/65  
1st-5th: \$55/60

Sept/Oct/Nov/Jan/Feb/Mar/May:

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$590/610	\$545/565	\$440/460	\$380/400	\$221/241
1st - 5th	\$443/463	\$404/424	\$315/335	\$267/287	\$152/172

Dec (2-19):

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$413/433	\$409/429	\$330/350	\$285/305	\$166/186
1st - 5th	\$310/330	\$303/323	\$236/256	\$201/221	\$114/134

Apr (1-11, 22-30):

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$493/498	\$409/429	\$330/350	\$285/305	\$166/186
1st - 5th	\$367/372	\$303/323	\$236/256	\$201/221	\$114/134

Jun (2-11)/ Last Day of ASP Wed 6/11:

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$236/256	\$208/228	\$168/188	\$146/166	\$100/120
1st - 5th	\$178/198	\$151/171	\$119/139	\$102/122	\$85/105

\*ASP emergency packets available online @ [www.highlandsrec.ca.gov](http://www.highlandsrec.ca.gov)

\*After School care for Kindergartners is from 12pm-6pm.

### ASP & In Crowd 2012-2013 ASP/In Crowd

**\$75 Non-Refundable  
Supply fee (per child)**

### 2013-2014 After School Program is full! 2013-2014 In-Crowd Program is filling up!

Enroll now for ASP and In-Crowd 2013-2014 school year.  
Contact the office today for information on how to join the ASP waitlist and to sign up for In-Crowd.

### Sibling Discount / Supply Fees

**Supply Fee:** Annual ASP supply fee of \$75/child

**School Year:** \$10 per month second child discount for siblings enrolled in any of the following programs: ASP, In Crowd & EEC.

**Camps:** \$5 per session second child discount for siblings enrolled in any of the of our camp programs.

### Child Care Late Fees

All monthly fees must be paid by the **5th business day of each month**. All monthly fees paid after the 5th business day of each month will be subject to a **\$15 late fee** per child per month. **Late pick up charge: \$10 per every 5 minutes past 6pm.**



### For Your Calendar...

#### ASP/IN CROWD CLOSED:

Labor Day: 9/2  
Veteran's Day: 11/11  
Thanksgiving Break: 11/28, 11/29  
Winter Break: 12/20-1/3  
Martin Luther King Jr. Day: 1/20  
President's Day: 2/17  
Spring Break: 4/14-4/21  
Memorial Day: 5/26

**ASP/IN CROWD OPEN ALL DAY on  
staff development days:**  
1/21/14, 2/18/14

**Full Day Drop In available: \$65/70  
(7:30am-6pm):  
ASP/In Crowd: Free.**

**1st Day of ASP/IN CROWD: 8/28/13  
Last Day of ASP/IN CROWD: 6/11/14**

## “In Crowd”

**M-F, 3-6pm**

Are you looking for a quality well organized program for your middle school student? Look no further, because Highlands Rec Center prides itself on providing quality activities for students in 6th, 7th and 8th grade at the CSUMC at 2145 Bunker Hill Dr. Our enthusiastic Head Teacher will provide safe supervision while encouraging age appropriate independence. A healthy afternoon snack is provided each day along with a quiet hour for homework, special activities, games and more. All minimum days accomodated. We transport children from Abbott Middle School to the In Crowd and escort children who attend Borel Middle School from the bus stop across the street from The Church. Call Mike at 341-4251 to register or for more details. **In Crowd Head Teacher: Kanani Delaney**

### **In Crowd 2013-2014 Fees**

**Sept/Oct/Nov/Jan/Mar/May:**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>1 Day</b>
\$443/463	\$404/424	\$315/335	\$267/287	\$152/172

**Dec (2-19):**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>1 Day</b>
\$310/330	\$303/323	\$236/256	\$201/221	\$114/134

**Apr (1-11, 22-30):**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>1 Day</b>
\$355/375	\$303/323	\$236/256	\$201/221	\$114/134

**Jun (3-12)/ Last Day of ASP Wed 6/12:**

<b>5 Days</b>	<b>4 Days</b>	<b>3 Days</b>	<b>2 Days</b>	<b>1 Day</b>
\$178/198	\$151/171	\$119/139	\$102/122	\$85/105

**All Drop-Ins for In Crowd: \$55/60**

**In Crowd emergency packets available online at: [www.highlandsrec.ca.gov](http://www.highlandsrec.ca.gov)**

## **Kids Nite Out**

Take advantage of an evening out while your kids are having a fun filled night at the Rec. Pizza dinner and movie provided! Let them come play, relax and have fun in a safe and supervised environment. Pre-registration required. No Drop-ins available. **\$5 sibling discount. K-5th Grade. 4 yrs allowed if sibling of ASP child only. Must be potty trained.**

F	9/20	6-10pm	\$30 child	S.R.
F	10/11	6-10pm	\$30 child	S.R.
F	11/15	6-10pm	\$30 child	S.R.
F	12/13	6-10pm	\$30 child	S.R.

**Late Pick-Up Charge: \$10 per every 5 minutes after 10pm.**

## **Winter Camp 2013**

**K-8th Grade**

**Fri: 12/20 Wk 1: 12/23-27**

**Wk 2: 12/30-1/3 Hours: 7:30am-6pm**

Parents, yeah, we're talking to you! Have you enrolled your children in Spring Camp yet? Send them to The Rec. for a week of WOW! Our Spring Camp will be filled with engaging activities and a memorable field trip to keep your child entertained all week long.

### **Theme Days**

Friday	12/20	Penguin Party
Monday	12/23	Snowed-In
Tuesday	12/24	Holiday Ho-Down
Wednesday	12/25	CLOSED - Christmas Day
Thursday	12/26	<b>Field Trip - Ice Skating</b>
Friday	12/27	Glacier Games
Monday	12/30	Arctic Activities
Tuesday	12/31	Winter Olympics
Wednesday	1/1	CLOSED - New Year's Day
Thursday	1/2	<b>Field Trip - San Mateo Movie Theater</b>
Friday	1/3	Sweet Factory

\*Subject to Change

### **Camp Res/Non Res Fee:**

<b>Daily Fee</b>	<b>\$75/80</b>
<b>Weekly Rate</b>	<b>\$220/235</b>

### **Seasonal Camp Discounts**

**Sign up for 8 or more days of Winter Camp and receive \$40 off the cost of Spring Camp 2014.**

## **Spring Camp 2014**

**K-8th Grade**

**April 14-21 Hours: 7:30am-6pm**

Parents, yeah, we're talking to you! Have you enrolled your children in Spring Camp yet? Send them to The Rec. for a week of WOW! Our Spring Camp will be filled with engaging activities and a memorable field trip to keep your child entertained all week long.

### **Camp Res/Non Res Fee:**

<b>Daily Fee</b>	<b>\$75/80</b>
<b>Weekly Rate</b>	<b>\$265/280</b>



# Highlands Rec Soccer

**A Non-Competitive Soccer League**  
**Boys and Girls Ages:**  
**4-6 Pee-Wee and 6-8 Juniors**

Join our non-competitive Soccer League for Boys & Girls, ages 4-6 & 6-8. Rec Soccer is an instructional league for youth and is a volunteer parent coached program. Rec Soccer will teach the basics of the game in a recreational environment. This league will consist of warm-up, drills and games. Each team will consist of 10 players max! Fee includes: equipment and t-shirts. **There will be two levels of play, a 4-6 year old league and a 6-8 year old league. Age groups will play at different times.** These times are listed below.



## League Format

Games are held at the Highlands School grass field (off 280 - Bunker Hill exit).

- Approximately 1/2 hr of skills & drills.
- 1/2 hour of scrimmage with scheduled Highlands league teams (may play @ either 9am or 10am).
- NO SCORE is ever kept.
- All children will receive equal playing time.
- **NOW an 8 week league, 10 teams max!**

## Parent Coaches Needed

Rec Soccer needs volunteer coaches to instruct and encourage their players on how to play the game on soccer. **NO SOCCER OR COACHING EXPERIENCE NECESSARY!** Come coach your child in this fun non-competitive league. 2 coaches minimum per team! Parent coaches meeting will be held: Monday 9/16 in the Highlands Recreation Center Social Room at 6pm.

## Game Dates and Times

**Saturday 9/21-11/9**

**Juniors 9-10am**  
**Pee-Wee 9-11am**

**Season Fee:**  
**\$80/85**

**High. Elem**  
**High. Elem**

**Sign Up Today for Soccer!**

# Soccer & Smiles

Let your child's first soccer experience be a great one! Designed specifically for children ages 2.5 - 5, Soccer and Smiles strives to teach the fundamentals of soccer in a fun, positive, non-competitive and safe environment while promoting a love of the world's most popular team sport! Children come away from our classes with self-confidence and a smile! Our program enhances gross motor skills, encourages regular exercise and promotes a healthy lifestyle. **No Class: 11/11.**

**Ages:** 2.5-5 years old

**Location:** Highlands Recreation Center Gym

**Instructor:** Soccer and Smiles Staff

M	9/9-10/14	12:30-1pm	\$60/65
M	10/21-12/2	12:30-1pm	\$60/65

# Peninsula Music Together

Music Together® is a popular, highly acclaimed music program for children 3 months to 4 years, and their parents/caregivers. Activities, songs, chants, movement activities, and instrumental jam sessions, are presented as informal, non-performance oriented musical experiences; developmentally appropriate for children, easy for parents/caregivers regardless of their musical ability. **\$43 material fee, includes: CD's, illustrated songbook and parent guide DVD. Make check payable to PenMT and give to the instructor on the first day of class. Sibling discount available, siblings 8 months and younger are free.**

**Ages:** 3 months - 4 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Peninsula Music Together Staff

W	9/18-11/20	5:00-5:45pm	\$158/163
W	9/18-11/20	6:00-6:45pm	\$158/163

# Leo Yogis Imagination Warriors

First introduction to yoga for future yogis and yoginis. Children will learn different yoga postures, adjusted specifically to their needs and capabilities. The class will focus on teaching kids how to relax, build flexibility and strength in a playful way. Using music, books, crafts and lots of imagination children will uncover the endless possibilities and benefits of yoga. Please bring a yoga mat to class. **No Class: 11/26.**

**Ages:** 2.5-5 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Lyana Blokhina

Tu	9/17-10/22	10:30-11:00am	\$60/65
Tu	10/29-12/10	10:30-11:00am	\$60/65

## Mandarin Language Program

Are you ready for a Mandarin adventure? Join this exciting cohort to explore child-friendly travel themes such as "Let's go back to School!", "Let's go to the Carnival!", "Let's go to Outer Space!" etc. This class is opened to Kindergarten through Grade 5. No prior knowledge of the language is required to join. At the end of the year, students are expected to create common conversational sentences, develop basic reading and writing fluency and have acute listening skills for accents and tones. A one-year commitment is required to allow a healthy and steady developmental progress in this language.

**No class:** 11/11, 11/25, 11/26, 11/27, 11/28.

**Ages:** K-5th Grades

**Location:** Highlands Elementary School Room 26

**Instructor:** i-Immersion Staff

### Kinder

T/Th*	9/10-12/5	1:15-2:15pm	\$420/425
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### 1st Grade

M	9/9-12/9	2:40-3:40pm	\$420/425
& W*		12:50-1:50pm	

### 2nd/3rd Grades

T/Th	9/10-12/5	2:40-3:40pm	\$420/425
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### 4th/5th Grades

M*	9/9-12/9	3:40-4:40pm	\$420/425
& W*		1:50-2:50pm	

\*The HRC Staff will provide child care from classroom release until Mandarin class begins. This fee will cover one session: Kinder- \$40, 1st Grade- \$20, 4th/5th Grades- \$40. If interested, sign up for extended care while registering.

\*\*Parent teacher conference dates are scheduled for: November 5-15, 2013. We will be emailing all parents a modified class and extended care schedule for these dates.

## Pre-Engineering w/ LEGO®

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNDamentals.

**Ages:** 5-8 years old

**Location:** Highlands Recreation Center Gym

**Instructor:** Play-Well TEKnologies Staff

T	9/17-11/5	4-5:30pm	\$200/205
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Classes held in the MPR refer to the Multi-Purpose Room. This facility is located in our lower building.

## Rainbow Chefs Storybook Cook

In this timeless and classic class we will take recipes from an array of favorite children's books and turn them into fun and delicious meals. **\$32 material fee paid to instructor at first class.**

**Ages:** 3 to 5 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Rainbow Chefs Staff

T	9/24-11/12	2:30-3:30pm	\$200/205
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## Rainbow Chefs Great Movie Capers

In this fun class you will discover what is actually in some of your favorite movie recipes such as: Harry Potter (pumpkin pasties), Toy Story, Monsters Inc., Cloudy with a Chance of Meatballs, Dr. Seuss How the Grinch Stole Christmas, Franken Weenie (dog bone breadstick), and lot's more! **\$32 material fee paid to instructor at first class.**

**Ages:** 6 to 12 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Rainbow Chefs Staff

T	9/24-11/12	3:30-4:30pm	\$200/205
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## Beginning and Intermediate Guitar

Have you ever wished you could play your favorite songs? In this class, you'll use songs from familiar artists to learn basic chords, strum patterns, rhythm and everything you need to begin reading guitar music from the Internet or sheet music. Instructors Mark Ankenman and Dave Creamer have been teaching students how to have fun and enjoy learning the guitar for decades in a beginner friendly environment. Whether just starting out or wanting to improve your existing skills each lesson is designed to provide a positive learning experience. **No Class: 11/11, 11/25, 11/27.**

**Ages:** 6 years old and over

**Location:** Highlands Recreation Center MPR

**Instructor:** Mark Ankenman and Dave Creamer

M	9/23-12/9	3:00-7:00pm	\$285/290
W	9/25-12/4	3:00-7:00pm	\$285/290

## Pre-K Drawing

Encourage your preschooler's enthusiasm for art. Young Rembrandts introduces drawing lessons that will excite your budding artist. A vibrant drawing of a rainbow will introduce our students to the wonderful world of color. An illustration of an airplane will take them to new heights. A delicious-looking drawing of an ice cream sundae will delight those with a sweet tooth, and learning to draw a friendly lion has never been more fun. These are a few of the many great lessons our students will learn. Enroll your child into a Young Rembrandts class today. **No class: 11/29.**

**Ages:** 3.5-5 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Young Rembrandts Staff

F	9/13-10/11	2:30-3:30pm	\$100/105
F	11/8-12/13	2:30-3:30pm	\$100/105

## Young Rembrandts Cartooning

Does your child have a great sense of humor to compliment their artistic skills? We'll get the party started with our drawing of lively, party animals. Ordinary, school items are brought to life as we illustrate and personify inanimate objects. Another challenging lesson will help our students visualize sounds and what's a cartooning class without learning how to draw expressions? Many of our lessons introduce students to drawing exciting, dynamic characters. Give your child the gift of learning and artistry. **No class: 11/29.**

**Ages:** 5-12 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Young Rembrandts Staff

F	9/13-10/11	3:30-4:30pm	\$100/105
F	11/8-12/13	3:30-4:30pm	\$100/105

## Junior Jazzercise

Hey kids! Dance with your friends to the hottest music. Junior Jazzercise is a perfect program to get kids active and learn the importance of exercise and health. The program combines fun, easy -to-follow dance moves to popular music, fitness games, and an end of session performance. No dance experience is required. The non-competitive atmosphere is the perfect setting to introduce your child to fitness. Register early, space is limited. **No Class: 11/28.**

**Ages:** 5-12 years old

**Location:** Highlands Recreation Center Gym

**Instructor:** Sandy Basurto

Th	9/19-10/24	3:30-4:30pm	\$60/65
Th	10/31-12/12	3:30-4:30pm	\$60/65

## Youth Tennis Lessons

### Pre-Tennis

This is an introductory tennis class for students ages 3-6 years old that teaches balanced movement, footwork skills and eye-hand coordination.

**No Class: 11/11.**

M/W	9/9-10/9	3:30-4:00pm	\$80/85	Ct. 1
M/W	10/21-11/25	3:30-4:00pm	\$80/85	Ct. 1

### Youth Tennis I

This class is for youth with little experience or instruction. They will be instructed in the basic fundamentals of proper grip, forehand, backhand, serve and volley. Although flexible, Tennis I students typically range in age from 6-10 years old. **No Class: 11/11.**

M/W	9/9-10/9	4:00-5:00pm	\$120/125	Ct. 1
M/W	10/21-11/25	4:00-5:00pm	\$120/125	Ct. 1

### Youth Tennis II

This class improves upon what was learned in Youth Tennis I and introduces tennis strategy to the students. Tennis II students typically range in age from 8-13 years. **No Class: 11/11.**

M/W	9/9-10/9	5:00-6:00pm	\$120/125	Ct. 1
M/W	10/21-11/25	5:00-6:00pm	\$120/125	Ct. 1

## Saturday and Sunday Youth Tennis

Tennis lessons on the weekends! Tennis classes will be held for all levels: Pre-Tennis, Youth Tennis I and Youth Tennis II. Class descriptions and ages listed above.

**No Class: 11/9, 11/10.**

### Saturday

Pre-T	9/7-10/5	1:30-2:00pm	\$40/45	Ct. 1
Y I	9/7-10/5	2:00-3:00pm	\$60/65	Ct. 1
Y II	9/7-10/5	3:00-4:00pm	\$60/65	Ct. 1
Pre-T	10/19-11/23	1:30-2:00pm	\$40/45	Ct. 1
Y I	10/19-11/23	2:00-3:00pm	\$60/65	Ct. 1
Y II	10/19-11/23	3:00-4:00pm	\$60/65	Ct. 1

### Sunday

Pre-T	9/8-10/6	1:30-2:00pm	\$40/45	Ct. 1
Y I	9/8-10/6	2:00-3:00pm	\$60/65	Ct. 1
Y II	9/8-10/6	3:00-4:00pm	\$60/65	Ct. 1
Pre-T	10/20-11/24	1:30-2:00pm	\$40/45	Ct. 1
Y I	10/20-11/24	2:00-3:00pm	\$60/65	Ct. 1
Y II	10/20-11/24	3:00-4:00pm	\$60/65	Ct. 1

## Put Your Ad Here!

Contact Jeff at (650) 341-4251 or  
[jeffs@highlandsrec.ca.gov](mailto:jeffs@highlandsrec.ca.gov) for pricing details.



## Ballet and Tap for Tots

This class is for your little dancer and their adult helper. Helpers are expected to participate during the entire class. We will have fun while building skills in large motor development, following directions and basic tap and ballet technique. This class is perfect for a shy toddler and/or preschooler. You may sign up more than one child/adult. Everyone should wear clothes they can dance in, and tap/ballet shoes are allowed but not required.

**Ages:** 3-5 years old

**Location:** Highlands Recreation Center Gym

**Instructor:** Amy Floro

M 9/16-11/4 10-10:45am \$80/85

## Ballet and Tap for Youth, Level II

This class is for the dancer with some tap and ballet experience. We will have fun while building on basic tap and ballet technique. Please have your child wear clothes they can dance in, and tap and ballet shoes are required. Parents are welcome to watch. All dancers need teachers approval for this class. At the end of the session we will perform a routine that we have worked on in class.

**Ages:** 5.5-9 years old

**Location:** Highlands Recreation Center Gym

**Instructor:** Amy Floro

W 9/18-11/6 1:15-2:15pm \$80/85

## Beginning Leadership and Resiliency Training

Jim Wiltens' multi-sensory approach takes advantage of all that brain science has to tell us about how people learn. You read to young children to instill a love for reading and give them a head start in school. You teach kids to swim so they will enjoy and feel confident around water. Enroll as a parent child team to help your student develop one of the most valued traits in our society. Introduce leadership to children when they are building lifelong behaviors. By the end of the classes, they will have skills that enable them to build positive attitudes, set and attain goals, and reinforce self-esteem. **This class is for both parents and children to learn, one team includes: parent/child.**

**Ages:** 7-13 years old and 1 Parent per child

**Location:** Highlands Recreation Center Social Room

**Instructor:** Jim Wiltens

W 10/30-11/20 6:30-8:30pm \$150/155

## Ballet and Tap for Youth, Level I

This class is for the dancer with little or no dance experience. We will have fun while building skills in basic tap and ballet technique. Please have your child wear clothes they can dance in, and tap and ballet shoes are required. Parents are welcome to watch. Dancers 4.5-5 need teachers approval for this class. At the end of the session we will perform a routine that we have worked on in class.

**Ages:** 4.5-8 years old

**Location:** Highlands Recreation Center Gym

**Instructor:** Amy Floro

W 9/18-11/6 2:15-3:00pm \$80/85

## Leo Yogis Little Warriors

Children are introduced to basic yoga postures in a fun and playful style through creative movement, partner poses, games, props, music, and a time of relaxation together. Children will learn primary postures, breathing techniques, and healthy lifestyle habits. This class will improve their flexibility and increase attention span and focus. The calming effects of this class will be visible right away as children learn to build confidence and develop a strong sense of self-esteem. Yoga is a lifelong journey for people of all ages. Teaching yoga to children at an early age provides them with a strong foundation based on knowledge and self-confidence that will aid them in their daily lives as they grow up. It is a powerful tool to help children obtain a sense of calmness and develop a connection with themselves and the world around them. Please bring a Yoga mat to class. **No Class: 11/27.**

**Ages:** 6-12 years old

**Location:** Highlands Recreation Center MPR

**Instructor:** Lyana Blokhina

W 9/18-10/23 3:30-4:30pm \$60/65

W 10/30-12/11 3:30-4:30pm \$60/65

## Highlands Rec Hoopsters w/ FUNDamental HOOPS

Highlands Hoopsters with FUNDamental HOOPS is right around the corner. Join Coach Tony Ciardella for our co-ed instructional basketball league that is scheduled to run 7 weeks, from January 25th - March 15th. The three divisions will include: K-1st grades, 2nd-3rd grades, and 4th-5th grades. **Sign ups begin November 1st, 2013. No Games: 2/15.**

Sat 1/25-3/15 9:15am-12:15pm \$70/75 Gym

## Parenting Without Power-Struggles

Power struggles are emotionally draining and create distance between you and your child. Learn how to replace tantrums and blowups with effective communication. Encourage your child to cooperate without threats or bribes. Use positive techniques to empower your child to become more responsible and self-sufficient. Most importantly, establish a win/win environment and build a meaningful, connected and long-lasting relationship with your child. Michelle Joelson, M.S. is a Parenting Instructor and the founder of My Heart My Child ([myheartmychild.com](http://myheartmychild.com)). Her insightful workshops and individual-coaching help parents improve communication, increase cooperation and deepen the relationship with their child. For parents of children ages 2-18.

**Ages:** Parents of Children of all Ages

**Location:** Highlands Recreation Center SR

**Instructor:** Michelle Joelsen

W	10/9	7-9pm	\$40/45
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## Youth Rock Climbing

Do your kids climb anything in sight? Are you looking for something fun and new for your child to do this Fall? At Planet Granite in Belmont your kids will learn to climb, play climbing games, and meet other young climbers! A liability waiver is required to be filled out on the first day of class by a parent or legal guardian only.

**Ages:** 5-13 years old

**Location:** 100 El Camino Real, Belmont, CA 94002

**Instructor:** Planet Granite Staff

Th	9/5-10/3	4-6pm	\$150/155
F	9/6-10/4	4-6pm	\$150/155
Th	10/17-11/14	4-6pm	\$150/155
F	10/18-11/15	4-6pm	\$150/155

## Babysitter's Training

Would you like a rewarding job this Fall? If so, enroll today and become a babysitter! You will learn fire and earthquake safety skills, nutrition, babycare, CPR and 1st Aid Skills. In order to get a certificate of completion you must **ATTEND ALL CLASSES, BE ON TIME AND DO THE FUN HOMEWORK**. Sign up today to start earning \$\$\$'s! **\$8 lab fee paid to instructor.**

**Ages:** 12-18 years old

**Location:** Barrett Community Center, 1870 Ralston Avenue, Belmont, CA 94002, Room 4.

**Instructor:** Muffie Calbreath

Sa	10/5-10/19	9am-12pm	\$60/65
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## Horse Riding Lessons

Learn to ride with us! Multi-session program teaches English-seat riding, jumping, vaulting and horsemanship skills at Glenoaks Stables. Limited class size for personal attention, new friendships and lots of fun. Classes held rain or shine. Students enjoy horse-related non-riding activities if it is too wet to ride. Open to children 6-14. All minors must have a parent or guardian sign a release form before the first session. For more information: 650-854-4955 or [glenoaksstables@gmail.com](mailto:glenoaksstables@gmail.com).

**Ages:** 6-14 years old

**Location:** Glenoaks Equestrian Center, 3639 Alpine Rd, Portola Valley, 94028

**Instructor:** Glenoaks Equestrian Staff

Th	9/12-11/14	4-5pm	\$400/405
Sun	9/15-11/17	11am-12pm	\$400/405

## Online Drivers Ed.

This online Drivers Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, and quizzes will prepare the reader to pass the written DMV test. The course is very easy to use. You simply log into the web site, enroll, and then you can begin immediately! For more information about the course and to register, go to Economic Online Driving School at [www.economicdrivingschool.com/online](http://www.economicdrivingschool.com/online).

**When registering make sure you complete the question that says, How did you hear about us by choosing Activity Guide. Then enter HRC code: 4251 Cost: \$68.50**

## Jazzercise

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today! Join our awesome workout, wear comfortable clothing, bring a water bottle, mat and hand weights are optional. **First Month \$25 some restrictions may apply. Classes are held in the Highlands Recreation Center Gym.**

**Tami McCann** [tamijazz@gmail.com](mailto:tamijazz@gmail.com)  
 Certified Jazzercise Instructor (650) 226-3484

**Tues/Thurs - 6:15pm Sat. - 8 am Sun. - 9 am**  
**Classes are ongoing, please register at class.**

[www.jazzercise.com](http://www.jazzercise.com) Call (800) FIT IS IT

## Pilates Mat Class

Learn the fundamental of Pilates Mat exercise. Movements performed sitting or lying on a mat, emphasizing pelvic stabilization and abdominal strength. Improve posture, flexibility and range of motion. Class will leave you feeling more energized, with increased strength, flexibility and movement potential. Instructor is Pilates Mat and Reformer Certified. Class is open to all levels of experience and fitness level. Most Pilates exercises are performed with bare feet. Wear comfortable loose (not baggy) fitting clothing or stretch fabrics. For comfort and safety reasons, avoid jeans, buttons, zippers, belts, pockets, hooded shirts, long necklaces, long earrings. Bring a mat. **No Class: 9/2, 11/11.**

**Ages:** 16 years old and over

**Location:** Highlands Recreation Center Gym

**Instructor:** Kathryn Phipps

M	8/12-9/23	6:30-7:30pm	\$60/65
M	9/30-11/4	6:30-7:30pm	\$60/65
M	11/18-12/16	6:30-7:30pm	\$50/55

If you have any ideas for Youth or Adult classes that you would like to see featured at the Highlands Recreation Center, please contact Recreation Supervisor, Jeff Schwartz by email: [jeffs@highlandsrec.ca.gov](mailto:jeffs@highlandsrec.ca.gov)

## Beginner Soul Line Dance

Looking for a fun way to exercise both mind and body? Come join us for SOUL LINE DANCING. Soul line dancing is a fun step dance. We dance in parallel lines, with a repeated sequence of easy steps. No dance partner needed! The various types of music we use are soul, pop, rhythm and blues, and jazz with some zydeco and country. This class will be taught by Darlene "Dar" Masamori who has been line dancing for over three years with different instructors throughout the Bay Area. She's very passionate and is looking forward to bringing this fun style of dance to adults of all ages. Wear comfortable clothing and shoes. Bring water for hydration. **Drop-ins available for \$5 per class, pay the night of class at the door.**

**No Class: 4/17.**

**Ages:** 18 years old and over

**Location:** Highlands Recreation Center Gym

**Instructor:** Dar Masamori

W	9/11-11/13	7-8:30pm	\$40/45
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## Leo Yogis Vinyasa Flow

Start changing your mind, body and spirit one breath at a time! Come and "flow" for an hour of movement where the postures are synchronized with the breath. Classes build heat, flexibility, strength, and balance while reducing stress. Typically the creative sequencing found in a Vinyasa class is often built around Surya Namaskar (sun salutations) which incorporate the entire body to guide you towards complete wellness. Present in each Vinyasa flow class is the focus on complementary postures, arm balances, abdominal work, Pranayama breathing, and meditation. Yoga mat required. **\$12 drop-in rate paid to instructor. No Class: 11/26, 11/27.**

**Ages:** 16 years old and over

**Location:** Highlands Recreation Center MPR

**Instructor:** Lyana Blokhina

Tu	9/17-10/22	9:00-10:00am	\$60/65
W	9/18-10/23	6:30-7:30pm	\$60/65
Tu	10/29-12/10	9:00-10:00am	\$60/65
W	10/30-12/11	6:30-7:30pm	\$60/65

## Adult Kung Fu

Traditional Chinese martial art teaches physical fitness, Chinese culture, martial ethics, self defense, and develops the mind, body and spirit. Gary Suen is from the Jing Mo school and teaches from the original curriculum. Classes are beginning level and no previous martial arts experience is necessary. Please wear athletic clothing and shoes to class.

**Note: Continuing students can stay from 8:30-9pm for Advanced lessons. No Class: 11/28.**

**Ages:** 18 years old and over

**Location:** Highlands Recreation Center Gym

**Instructor:** Gary Suen

Th	8/29-10/3	7:30-8:30pm	\$60/65
Th	11/7-12/12	7:30-8:30pm	\$50/55

## Eichler Exteriors: Restoration or Renovation

If you are thinking of making small or larger changes to the outside of your Eichler, take this class! I cover original and updated paint colors with swatches to look at, where to put the paint, window replacements, door hardware, lighting, house numbers, mailboxes, fencing, landscaping and any other questions or advice you need. When you finish the class, you will walk out with "the plan".

**Ages:** 18 years old and over

**Location:** Highlands Recreation Center MPR

**Instructor:** Melissa Wilson

T	8/20	\$30/35	6:30-9pm
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## Retirement GPS

Join Certified Financial Planner® (and proud Highlands After School Program teaching alumni) **Jason Heise**, for Retirement GPS. This workshop can help you:

- Brush up on the fundamentals of Successful Wealth Management
- Define your vision for retirement
- Understand the different phases of retirement
- Recognize potential financial detours and develop strategies for overcoming them
- Explore your retirement income options. Start mapping your route to retirement today.

**Ages:** 18 years old and over

**Location:** Highlands Recreation Center SR

**Instructor:** Jason Heise

Tu	9/24	6:30-8:30pm	\$20/25
Tu	10/8	6:30-8:30pm	\$20/25

## Crochet and Knitting

**Beginning Knitting** - Have you ever wanted to be part of the knitting world? This class will teach you the basic stitches of knitting like garter stitch, purl stitch and stockinette. Make new friends and create wonderful gifts. Bring one ball of worsted weight yarn and 10 inch straight knitting needles.

**Beginning Crochet** - Learn the basics of crocheting like single and double crochet, and more. With these stitches you will have the skills to create fun scarves and beautiful blankets. Bring one ball of variegated worsted weight yarn and a 5mm hook.

**Ages:** 18 years old and over

**Location:** Highlands Recreation Center MPR

**Instructor:** Jodi Pavey

Beginning Knitting

Th	9/19-10/10	9-10:30am	\$40/45
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Beginning Crochet

Th	10/17-11/7	9-10:30am	\$40/45
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## Beginning Digital Photography

Are you making full use of your digital camera? With more options than ever, digital cameras are powerful tools - learn how to use your camera properly, along with basic photography concepts. One-hour private printing workshop will be held the the weekend of November 2nd. Bring camera, instruction manual and a charged battery to class. A \$40 material fee is payable to the instructor. **No Class: 10/14.**

**Ages:** 18 and over

**Location:** San Mateo Senior Center, Game Room, 2645 Alameda de las Pulgas, San Mateo, 94402.

**Instructor:** Marty Springer

M	9/9-11/4	9:30am-12:00pm	\$145/150
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## The Kitchen Garden From Design to Harvest

Join Laurel Nagle and Marybeth Lybrand who will detail the entire process of growing vegetables, herbs and fruit in your yard in our 2 hour class. Laurel and Marybeth are Master Gardeners. **Harvest and Repeat.** We will start with learning to identify peak harvesting times and how to extend your growing season. You will learn about seed saving, crop rotation and options for a fall crop. We will briefly talk about relevant pruning and end with a discussion about cover crops, aka green mulch, and its uses.

**Ages:** 18 years old and over

**Location:** Highlands Recreation Center MPR

**Instructors:** Laurel Nagle and Marybeth Lybrand

Harvest and Repeat

W	8/21	6:30-8:30pm	\$35/40
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## Highlands Recreation Center Community Concert presents ... *The Cocktail Monkeys*



## September 7th at 5pm

- Cal Fire will be selling BBQ combo plates
- Beer and Wine for sale

## FREE ENTRANCE

## Cell Phone Photography

The cell phone is a powerful tool with an amazing range of possibilities. Class introduces you to the features of the camera on your cell phone, macro-photography, filters, interchangeable lenses, apps, how to produce quality prints and images. A \$25 material fee is payable to the instructor at the first class.

**Ages:** 18 years old and over

**Location:** Beresford Recreation Center, Studio A, 2720 Alameda de las Pulgas, San Mateo, 94402.

**Instructor:** Marty Springer

Th 9/12-10/3 7:00-9:30pm \$85/105

## Digital Photography Elements and Post Production

This class will help you continue on your photographic journey and take your images to professional and artistic standards using Adobe Elements 11 program. Please remember to bring your laptop to class with you. If you don't have a laptop, you can follow along with the lecture and demonstration. **Pre-Requisite: Marty's Beginning Digital Photography course.** **No Class: 10/14.**

**Ages:** 17 and over

**Location:** Beresford Recreation Center, Activity Room, 2720 Alameda de las Pulgas, San Mateo, 94402.

**Instructor:** Marty Springer

M 9/9-11/4 7:00-9:30pm \$145/150

## Heartsaver CPR Heartsaver First Aid

Designed for employee training at companies or businesses, and employees and/or designated first responders who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. Ideal for learners who prefer group interaction and feedback from an instructor while learning skills. Each student receives the highest quality course materials to supplement their learning. Student CD-ROM (included with student workbook) includes additional information on CPR and AED that students can reference after the course. Completion card issued after class. **Must pre-register with HRC prior to class.**

**Ages:** 18 years old and over

**Location:** Cal Fire Station 17, 320 Paul Scannell Dr., San Mateo, CA 94402

**Instructor:** Cal Fire Staff

Heartsaver CPR

W 9/25 6-8pm Free

Heartsaver First Aid

W 11/20 6-9pm Free

## Highlands Senior Network White Elephant Sale

The Highlands Senior Network is hosting a White Elephant Sale on Saturday, August 17th starting at 10am. Donations can be dropped off at the Highlands Recreation Center during the week of: 8/12-8/16. Please find those white elephants in your closets so they can become other people's treasures. All White Elephant sales benefit the Highlands Senior Network.

Sat August 17th 10am Rec Parking Lot

## AARP Drivers Safety Class

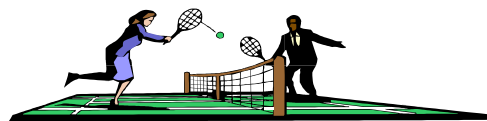
An interactive class for drivers 50 years and older in which participants will sharpen their driving skills and develop strategies for age related changes in vision, hearing, physical changes, fitness, and reaction time. 8 hours of class is spent utilizing audio-visual presentation and lectures to make you a safer driver when confronted by difficult driving road conditions. We'll cover all new DMV rules of the road; refresh your memory of road signs, fines and penalty for violation; and possible alternatives to driving when it's no longer safe for you to operate a motor vehicle. **A \$12 fee for AARP members and \$14 if non-member is collected at first class and covers cost of your workbook.** Certificates of completion awarded to those finishing the class which may entitle you to a discount on your auto insurance premiums.

**Ages:** 50 years old and over

**Location:** Highlands Recreation Center MPR

**Instructor:** Warren Wong

T, W 9/10, 9/11 12:30-4:30pm \$12/14



## Adult Tennis Coaching

Tennis coaching has been one of the longest running and most popular programs at HRC. Find out why as Scott Perlstein and staff instruct students on how to work on stroke production, doubles strategy, and a whole lot more. This is an ongoing program.

Level	Day	Time	Loc.
Rank 4.0	Fri	12-2pm	Ct. 1-3

## Private Tennis Lessons

Available daily from Scott Perlstein Enterprises. For more information, rates and/or sign-ups call Scott at 343-7343.

*Paid Ad*

## Did you know?

- The Highlands Recreation Center used to be funded solely by property taxes. Today, 85% of our revenues come from program and membership fees.
- This way, we can offer the variety of programs our residents want and can remain financially sound.
- If you're a Highlands resident, you pay about \$75 in taxes for each \$100,000 of assessed home value. (assessed value, based on your purchase price, is shown on your property tax bill)
- While it's hard to place an exact added \$ value on it, realtors confirm that our neighborhood is even more desirable to potential buyers because of the Highlands Recreation Center!

Most of all, we would like to Thank You for your continued support of the Highlands Recreation Center and its programs. We value our residents and strive to provide a Rec Center that our community can be proud of.



**Register Online  
by clicking this  
QR code with your  
smartphone.**

The Highlands Recreation Center often photographs programs for use in publicity materials. By being present during these activities, you consent to use of your OR YOUR DEPENDENTS' appearance or likeness by the Highlands Recreation Center, and its licensees, designees, or assignees, in all media, worldwide, in perpetuity. If you have questions about such use, please contact the Highlands Recreation staff.

## **CLASS REGISTRATION**

### **REGISTRATION**

- \* Register by mail, in person, by phone or online at [www.highlandsrec.ca.gov](http://www.highlandsrec.ca.gov)
- \* To register online the first time, call us first at (650) 341-4251 to obtain login and password.
- \* Walk in and phone registration is available M-F from 9am-5pm.
- \* **Registration is complete and enrollment is ensured only when class fee is paid in full.**

### **PAYMENT**

- \* We accept payment in cash, check, VISA, MC, AMEX or Discover or, for ongoing monthly charges, by automatic bank withdrawals (ACH payments).
- \* A \$5 nonrefundable transaction fee is added to each registration. You may enroll in multiple classes in one registration.
- \* Monthly automatic bank account withdrawals (ACH) only require a \$2 nonrefundable transaction fee.
- \* A \$20 service charge will be incurred on a returned check.
- \* A \$20 fee is charged for stop payment and re-issuance of a refund check.
- \* A \$15 late fee is charged per participant per class if monthly fee is not paid by the end of the **5th business day of the month.**

### **ENROLLMENT/ CHANGES/CANCELLATION**

- \* Classes are filled on a first come, first served basis. \*\* your enrollment is ensured only when class fee is paid in full.\*\*
- \* In the event that enrollment does not meet minimum requirements, the HRC may cancel the class. The HRC will notify registrants and class fees will be refunded.
- \* Please note: Prices are subject to change without notice.
- \* Participants may transfer between classes, space permitting, prior to the 2nd class meeting.
- \* Participants in seasonal and aquatic programs may cancel enrollment prior to the 2nd class meeting and receive a prorated credit or refund of class fees. No credits or refunds are given after the 2nd class meeting.
- \* If waitlisted, registrants will be notified if space becomes available. We must receive a response by 10am the following business day or the space will be offered to others.
- \* Credits can be applied to any program at the Rec, and will avoid additional transaction fees.
- \* Credits must be used within one year of issue.
- \* If enrolled in a monthly program, payment must be received by the end of the 5th business day of the month. Otherwise, a \$15 late fee will be charged. If enrolled in our ACH payment program, cancellation or changes must be received by the 15th of the month prior to the ACH withdrawal. **\*For EEC, ASP & In Crowd see the Director.**





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## Highlands Book Club

The HRC Book Club is open to anyone interested in sharing the love of reading. We'll have exciting and in depth discussions about readings chosen by the group. New members always welcome to join! **Free.**

1<sup>st</sup> Tuesday Monthly 10:15-11:15am MPR

## Welcome Highlands Parents!

The Highlands Parents Group is comprised of moms, dads, and their children from the neighborhoods that feed into Highlands Elementary school...including Laurelwood, Parrott Drive (and off of), Ascension (and off of), Timberlane/Fairmont (and off of), Crystal Springs Estates, and the Highlands neighborhood itself. While all the HPG families have Highlands School in common as either a future or alumni school for their kids or have kids currently enrolled, the HPG is separate from the school and has no official relationship. Our purpose is to keep families connected in an informal and casual way. We offer playgroup coordination, family events, classified and other postings, dialogues on school and community issues, and more. Contact us today at [lin3@comcast.net](mailto:lin3@comcast.net) and get connected. Thanks, Linda Siguena.



Cookies and treats made to order and delivered to your door  
Available for parties, special events and custom orders

Sarah Yan  
650 219 0781

[www.yummiestTREATS.com](http://www.yummiestTREATS.com)  
[info@yummiesttreats.com](mailto:info@yummiesttreats.com)

Helaine Hapin  
650 219 7254

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## Fitness Memberships

### Highlands Residents Only

Fitness Memberships are free with a pool membership. However, if you would like just a fitness membership, see the rates below. The Fitness Center has 16 pieces of Fitness equipment including dumbbells, a treadmill, two stair steppers, and other Hydra-Fitness equipment available for personal training use and Circuit Training Classes. Circuit Training can simultaneously burn body fat, increase cardiovascular (aerobic) fitness level and increase muscle strength and endurance.

### General Use Hours

MWF 6am-7pm  
TTh 9am-7pm  
Sat/Sun 11am-5pm

**Ages 15 and up!**

#### F.C. Closed

Monday-Friday 3-6pm\*

\*Times to be determined  
by seasonal programs.

### Membership Fees

#### *For Residents Only*

One year membership  
from date of purchase

**Senior (62+)** \$45

**Single**.....\$70

**Each Add'l**....\$25

#### **Circuit Training**

M-F, 9-10am

Non-Accredited Instr.

No Class Fee

Fitness Members only

## Have your party at the Highlands Recreation Center!

### Gym/Social Room/Kitchen

All rentals include: Tables, Chairs and a rental supervisor to help with your party needs.



#### Facility Capacity:

**Gym 132, Social Room 75,  
Multipurpose Room 75.**

For more information about pricing and availability, or to reserve your party date, please call Jeff Schwartz at (650) 341-4251.

### Pool - Parties and Rentals

Come out and celebrate at the Highlands pool! Great for birthday parties, sports teams and any other special occasion! Call Bryce for more info. Also ask about our pool party game coordinator!

For more information or to reserve your pool party date, please call Bryce Robertson at (650) 341-4251.

## HALLOWEEN FAMILY FUN NIGHT

**FRIDAY, OCTOBER 25TH**  
**\$ 5 /PER PERSON**

- Haunted House 6:30pm
- Jump Houses 6:30pm
- Bingo with Prizes 6:45pm
- Arts & Crafts/Face Painting 6:45pm
- Costume Contest
  - Ages 0-3 7:00pm
  - Ages 4-7 7:05pm
  - Ages 8-12 7:10pm
  - Ages 13+ 7:15pm

## HOLIDAY EVENT & CAROLING NIGHT

**FRIDAY, DECEMBER 6TH**

**6:00PM \$ 2 PER PERSON**

- Live Music in the Gym 6:00pm
- Highlands Childrens Chorus 6:15pm
- Santa Arrives by Fire Truck 6:30pm
- Join us in spreading the 7:45pm  
Holiday cheer throughout the  
neighborhood streets - dress warmly!

